2025-09-25-Subject: Immediate Correction Required – Misstatements in Your 9/25 Response - Call For Immediate Correction and Action - 2025-09-25

2 messages

John Fouts <icreateupwardspirals@gmail.com> Sun, Sep 28, 2025 at 7:46 PM
To: tbaker@prosecutors.ky.gov
Cc: "OCRMail@HHS.gov" <ocrmail@hhs.gov>, OCRComplaint@hhs.gov, askdoj@usdoj.gov, ask.CRT@usdoj.gov, CRT@usdoj.gov

Date: 2025-09-25

Subject: Immediate Correction Required – Misstatements in Your 9/25 Response

Ms. Baker,

You may address me as **Mr. Fouts**.

Your September 25, 2025 response is factually and legally deficient. Two points require immediate correction:

1. **"No crimes have been committed"** – That is not your determination to make absent investigation. My complaints contain sworn affidavits, medical documentation, and audio evidence establishing obstruction of life-saving medical treatment, falsification of records, tampering with evidence, and retaliation under color of law. Under **KRS 209.030 and 620.030**, you and your staff are mandated reporters. Your refusal to act does not erase the crimes; it compounds them.
2. **"Only operates in Bullitt County"** – I am a current resident of Bullitt County. These crimes are occurring in, and impacting me directly within, this jurisdiction. Your refusal to investigate on that basis is inexcusable. Jurisdiction is not optional when the victim resides in the county you are sworn to serve.

Additionally:

- I transmitted my original criminal complaint on **September 16, 2025**, marked urgent, with exhibits attached. You ignored that email until I forced acknowledgment through Facebook, an inappropriate and discriminatory medium given my ADA accommodation requiring written communication.
- Your office has read multiple transmissions of the same evidence but has refused to confirm staff names, preservation actions, or investigative steps. This is obstruction.
- Under the **ADA and Section 504**, you are required to communicate with me in writing. Facebook responses are not legally sufficient and will be treated as retaliation.

You are now again placed on notice:

- Confirm in writing that you have received and preserved my September 16, 2025 complaint and all exhibits.
- Identify the prosecutor/investigator assigned.
- State what investigative steps you will take within Bullitt County.

Exhibit Index (incorporated by reference) - (attachments previously submitted also incorporated by reference):

- 2025-09-16 – *URGENT — Criminal Complaint & Preservation Request — Obstruction of Medically Necessary Infusions*
- 2025-09-24 – *Demand for Immediate Accountability – Local, State, and Federal Authorities*
- 2025-09-24 – *Immediate Response Required – Refusal to Identify Staff and Preserve Records Constitutes Obstruction*
- 2025-09-25 – *Immediate Response Required – Hematology Non-Response, Infusion Denial, and Mandated Reporting Failures*
- 2025-09-25 – *Merged Exhibits for Bullitt County Attorney (Parts 1–6)*
- Audio Exhibit: U of L staff refusing to use fax for infusion coordination (and other preserved recordings)

All prior filings, affidavits, exhibits, correspondence, and notices are incorporated herein by reference in full. All rights are reserved.

You are expected to act according to your lawful duty.

Failure and/or refusal to correct the record, investigate, preserve evidence, fulfill mandated reporting obligations, and act will be treated as further deliberate concealment, further retaliation, and further obstruction of justice under color of law.

Applicable KRS Statutes and Jurisdiction - This List Represents Some But Not All Relevant Kentucky Revised Statutes And Is Related To Evidence Already In Your Possession

- **KRS 209.030 – Duty to Report Adult Abuse, Neglect, or Exploitation.**
  Mandates immediate reporting when an adult is endangered. You provided clear

evidence of medical neglect, obstruction, and exploitation.

- **KRS 209.990 – Penalties.**
  Any person who knowingly fails to report adult abuse/neglect as required by KRS 209.030 is guilty of a Class B misdemeanor.
- **KRS 522.020 – Official Misconduct in the First Degree.**
  A public servant is guilty when they knowingly refrain from performing a duty imposed by law.
- **KRS 522.030 – Official Misconduct in the Second Degree.**
  Covers additional failures of duty by public officials.
- **KRS 524.100 – Tampering with Physical Evidence.**
  Applies where medical records, referrals, or other documents are concealed, falsified, or destroyed.
- **KRS 524.040 – Intimidating a Participant in the Legal Process.**
  Retaliation, suppression of filings, and obstruction of ADA-protected accommodations fall under this statute.
- **KRS 524.050 – Retaliating Against a Participant in the Legal Process.**
  Protects against retaliation for initiating or participating in reporting or judicial processes.
- **KRS 515.020 – Kidnapping (constructive restraint).**
  Interference with life-sustaining treatment and unlawful displacement constitutes constructive restraint on liberty.
- **KRS 508.010 – Assault in the First Degree.**
  Causing serious physical injury by means of wanton conduct that creates a grave risk of death — denial of medically necessary infusions and obstruction of urgent care meets this threshold.
- **KRS 508.060 – Wanton Endangerment in the First Degree.**
  Conduct that creates a substantial danger of death or serious injury — applicable to systemic obstruction of treatment.
- **KRS 506.120 – Criminal Conspiracy.**
  Multiple actors (agencies, providers, officials) coordinating to obstruct rights, conceal evidence, and deny care.
- **KRS 523.100 – Perjury / False Swearing.**
  Applies to false statements, affidavits, or documentation by officials in response to lawful complaints.
- **KRS 514.070 – Theft by Failure to Make Required Disposition of Property.**
  Misuse of federal/state program funds intended for medical care, housing, or accommodations.

- **KRS 517.110 – Securing Execution of Documents by Deception.** Relevant where fraudulent documents or signatures are used to block care, deny coverage, or manipulate records.
-
- **KRS 506.120 et seq. — State racketeering law (Kentucky RICO / racketeering statutes).** (State-level racketeering remedies and predicate acts). kycriminallawyer.com
- **Kentucky False Claims / Medicaid anti-fraud provisions** — Kentucky has enacted state-level statutes and anti-fraud measures to address false claims made against state medical programs (statutory authority and policy materials exist). Legislative Research Commission
- **KRS 514.040 — Theft by deception.** (covers obtaining property or services by deception — relevant to fraudulent garnishment or improper retention of funds). Legislative Research Commission
- **KRS Chapter 517 (Deceptive Practices / Consumer Fraud)** — (covers deceptive business practices and false advertising; useful for fraud schemes). Legislative Research Commission
- ***KRS 522.020 / 522.030 — Official Misconduct (1st & 2nd* degree).** (public servants who knowingly fail to perform duties or conceal misconduct). (A direct state remedy for officials who refuse duties.) Legislative Research Commission
- **KRS 524.100 / 524.040 / 524.050 — Evidence tampering, intimidating/retaliating against participants in the legal process.** (covers concealment or destruction of records and retaliation.) Legislative Research Commission
- **KRS 506.120 — Criminal Conspiracy (state conspiracy provision used with other predicate acts).** (allows charging people who conspire to commit the above offenses). kycriminallawyer.com
-
- **18 U.S.C. § 241 — Conspiracy against rights.** (criminalizes conspiracies to injure, oppress, threaten or intimidate a person's federally protected rights). Legal Information Institute
- **18 U.S.C. § 242 — Deprivation of rights under color of law.** (makes it a federal crime for state actors to willfully deprive someone of constitutional or federal rights). Legal Information Institute
- **18 U.S.C. §§ 1961–1968 — RICO (Racketeer Influenced & Corrupt Organizations Act)** (criminal and civil remedies for racketeering patterns / enterprises). Legal Information Institute+1
- **31 U.S.C. §§ 3729–3733 — False Claims Act (federal)** (Fraudulent claims on federal programs including Medicare/Medicaid). FCA exposure-state contractors or

providers billed federal programs incorrectly.) Justice Department

- **18 U.S.C. § 4 — Misprision of felony** (concealing knowledge of a federal felony instead of reporting it). When officials knowingly fail to report or conceal felony conduct.

Federal & State Criminal Exposure (summary). Ms. Baker - Please be advised that the facts and exhibits already provided to your office implicate serious federal and state criminal statutes that are actionable in Bullitt County and at the federal level and involve multiple Kentucky Revised Statutes as well as federal laws.

These include, but are not limited to, **18 U.S.C. § 241 (conspiracy against rights)** and **18 U.S.C. § 242 (deprivation of rights under color of law)**; **RICO (18 U.S.C. §§ 1961–1968)**; the **False Claims Act (31 U.S.C. §§ 3729–3733)** where federal program billing or reimbursement is implicated; and **18 U.S.C. § 4 (misprision of felony)** where officials knowingly conceal felony conduct.

State law equivalents and predicate offenses include Kentucky racketeering statutes (**KRS 506.120 et seq.**), theft by deception (**KRS 514.040**), deceptive business practices (**KRS Chapter 517**), official misconduct (**KRS 522.020/522.030**), evidence tampering and retaliation (**KRS 524.100 / 524.040 / 524.050**), and conspiracy (**KRS 506.120**).

Federal Social Security benefits (SSDI) are generally protected from garnishment; any state action garnishing or retaining SSDI payments in a manner inconsistent with federal protections will itself be treated as unlawful and presented to federal authorities.

You have clear notice that these offenses may have been committed and/or are ongoing and harming me and my child and we are Bullitt County residents at this time.

Your office's statement that "no crimes have been committed" is fraudulent, and a documented, independent investigation must be completed by parties without the possibility of conflict of interest.

I therefore demand that you immediately confirm in writing:

(1) that you will open a criminal investigation in Bullitt County into the egregious criminal conduct shown in my filings,

(2) that you will preserve all evidence, and

(3) the name and contact information of the prosecutor/investigator assigned.

(4) a way to submit digital and physical evidence into formal criminal report records.

Respectfully,

/s/ John R. Fouts
John R. Fouts, MBA

SSDI Recipient – Protected under ADA, Section 504, 1915(c), VAWA
Founder, Upward Spirals Association (508(c)(1)(A) Ministry)
Email: icreateupwardspirals@gmail.com | Alt: torchoftruth@zohomail.com
Fax: 604-641-2805 (HIPAA Compliant)

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---------- Forwarded message ---------
From: **John Fouts** <icreateupwardspirals@gmail.com>
Date: Wed, Sep 24, 2025 at 10:44 PM
Subject: 2025-09-24 - Subject: DEMAND FOR IMMEDIATE ACCOUNTABILITY – Local, State, and Federal AuthoritiesRe: 2025-09-24 - Subject: Immediate Response Required – Refusal to Identify Staff and Preserve Records Constitutes Obstruction
To: CHFS Listens <chfs.listens@ky.gov>, Commonwealth Office of Ombudsman <kyombud@ky.gov>, CHFS OGC Secretary <chfsogcsecretary@ky.gov>, Zimmerer, Zachary M (KYOAG) <zachary.zimmerer@ky.gov>, Office of Governor Beshear <governor.constituentservices@ky.gov>, <govoffice@ky.gov>
Cc: <kybar@kybar.org>, <pam.bondi@usdoj.gov>, <DOI.AdministrativeServicesMail@ky.gov>, <DOI.ConsumerComplaints@ky.gov>, <ahernandez@prosecutors.ky.gov>, <DOI.CommissionerOffice@ky.gov>, <safe@ky.gov>, <kevin.grout@ky.gov>, <rsanders@prosecutors.ky.gov>, <tbaker@prosecutors.ky.gov>, <gwhethers@prosecutors.ky.gov>, <lcleveland@prosecutors.ky.gov>, <max.comley@ky.gov>, Zimmerer, Zachary M (KYOAG) <zachary.zimmerer@ky.gov>, KYOAG Appeals <OAGAppeals@ky.gov>, <KyOAGOR@ky.gov>, Office of Governor Beshear <governor.constituentservices@ky.gov>

2025-09-20-UNLAWFUL-RULINGS-WITHOUT-JURISDICTION-SIXTH-CIRCUIT-CLOSING-25-5144-Ginally-Assigning-...

Exhibit_26_Mail_Tampering_Final (1).pdf

Exhibit-89-Examples of ADA Accomm…

image.gif

2025-09-24-Copy-of-Evidence-For-Adult-Protective-Services-a

Subject: DEMAND FOR IMMEDIATE ACCOUNTABILITY – Local, State, and Federal Authorities

image.gif

Date: 2025-09-24

To: Commonwealth’s Attorneys (Franklin, Bullitt, Jefferson, Fayette Counties - These are the counties of ongoing crimes against me and my child)
CC: Kentucky Attorney General, U.S. Department of Justice, Civil Rights Division, U.S. Attorney’s Office

This is a life-or-death demand issued under imminent threat, and it requires action and written response within 24 hours of receipt.

04-I-2024-05-01-AMA-M2-ANA-BMB-DEXA-SSA-RO-GI-Long-Standing-Depletion-Shown-Bone-Marrow-Biopsy-20...

04-R-!DoctorLetters-JRF.pdf

image.gif

13-B-2025-09-08-NORTON-UNLAWFUL-GLOBAL-BAN-LETTER.pdf

image.gif

15-2025-02-25-MEDICAL NECESSIT…

image.gif

16-A-Re-T-Mobile-Immediate Respon…

17-A-2025-09-13-Affidavit-Of-Infusion-Obstruction-and-more-NSD-FOIA-FALSE-CPS-PREDICATE-USED-TO-H...

18-2025-09-15-UK-Open-Records-Request-KORA-Violations-HIPAA-Violations-More-Gmail - Response to O...

18-E-2025-09-15-Ellen-Kilgores-Criminal-Closing-of-Complaint-Without-Ever-Investigating-Or-Allowi...

19-2025-09-15-Oakland-Ace-Legal-Subpoena-Involved-on-September-15-2025-Service-Process-Delivery-F...

image.gif

I issue this demand under imminent threat to life and safety. Local, state, and federal authorities have been provided with credible, substantiated evidence — including sworn affidavits, medical records, audio/video recordings, imaging studies, and chain-of-custody documentation — totaling many thousands of pages and multimedia items. Despite this, agencies have repeatedly failed to act. There will be no more delays. My life matters. My brain tissue matters.

I write under my federally protected ADA accommodation that all communications with me must be in writing (email or fax). My mail remains tampered with - so snail mail is not an option.

Voice calls and postal mail are not acceptable. Snail mail has been repeatedly tampered with (verified), and I cannot process phone calls due to my disabilities at many times - or rather - inconsistently.

Written electronic communication is non-optional under ADA, Section 504, and Section 1557.

1. Evidence Ignored by Prosecutors and Agencies

MailSuite tracking confirms my Sept 24, 2025 notice was opened repeatedly in a very short time by multiple Commonwealth's Attorneys' Offices in Franklin, Bullitt, Jefferson, and Fayette Counties.

These are the same jurisdictions where crimes against me and my child are ongoing. Despite dozens of reads, not one local prosecutor has issued a response.

Not one federal agency has opened the communication. This proves awareness, knowledge, and willful inaction by local, state, and federal prosecutors.

2. Mysterious Bone Cancer Entry in Chart

My medical chart now suddenly shows a "bone cancer" diagnosis which was never previously present, and no provider has answered my questions about its origin, accuracy, or implications.

This is deeply alarming and raises immediate concerns of falsification, concealment, or retaliation in my records. I am left not knowing whether I have bone cancer or not now, and I think anyone would be very alarmed by this kind of treatment. Many other omissions, falsifications, mischaracterizations, fraudulent entries, or false absence of record and/or presence of records also exist....bone cancer is not the only anomaly - and all requests to have medical records corrected across multiple institutions are ignored...

3. UK Open Records Denials & AG Double Standard

The University of Kentucky has categorically refused to release records related to me and my child (J.A.F.) despite my formal requests, and despite state and federal law -- not even one single record has been released.

The Kentucky Attorney General denied my appeal, even though my case carries life-threatening consequences. Yet when UK requested an extension, it was granted without any hesitation whatsoever. This stark contrast demonstrates systemic bias and obstruction of my rights under KRS 61.870–61.884.

4. Demand for Action

I demand:

- Immediate written explanation from each Commonwealth's Attorney as to why no response has been issued despite repeated openings of my notices.
- A full investigation into the false "bone cancer" entry in my chart and a written accounting of how it appeared without disclosure or informed consent, where it came from, who placed it there, what testing it was based on, why it was omitted previously if a real result, why it is appearing now if it is a false result...
- Immediate release of ALL my UK records, including all drafts, notes, and communications, and those of my child (JAF).

- Accountability at the **local, state, and federal levels** for willful concealment, ADA and Section 504 violations, retaliation, and obstruction of mandated reporting duties (KRS 209.030 and KRS 620.030), among others.

Failure and/or refusal to act will be treated as yet further evidence of ongoing concealment, ongoing obstruction, severe discrimination, extreme retaliation, and participation in ongoing crimes under color of law.

August 2, 2025 - Evidentiary Set - Attached / Included:

Attached is my evidentiary packet dated August 2, 2025, titled *"Combined Set of Evidentiary Information and Affidavits – Only Scratches the Surface – For Adult Protective Services and Law Enforcement Report."* This document contains sworn affidavits and supporting exhibits that substantiate the ongoing criminal, civil rights, and medical endangerment violations described in my demand letter.

This evidence has already been transmitted to multiple agencies, yet it continues to be ignored despite the ongoing, life-threatening harm to me and my child. Its inclusion here removes any doubt that you have both **notice and documentary proof of concealment, obstruction, and retaliation.**

2025-05-25-Apple_Visual_Evidence_annotated.pdf

image.gif

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Notice of Federal Implication & Request for Parallel, Uncompromised Path

Please be advised that evidence in this file implicates actors and conduct that fall within the investigative jurisdiction of the U.S. Department of Justice and EOUSA along with NSD - all based on false predicate or pretense.

Because communications and submissions to federal offices, including the FBI and portions of the U.S. Attorney's Office, appear to have been blocked, intercepted, or otherwise compromised during the course of my reporting — including verified carrier-level interceptions of calls/SMS and indications of hypervisor/firmware-level surveillance on devices used to transmit evidence —

I demand that your office immediately establish or coordinate a parallel, independent investigative path that is demonstrably not subject to the same compromises.

This may include appointing a special prosecutor, assigning the matter to an unaffiliated U.S. Attorney's Office or to a state-level independent prosecutor, and/or requesting a special review by DOJ OIG and the Inspector General to ensure an objective, uncompromised inquiry.

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Immediate Legal & Technical Steps to Secure Evidence and Preserve Chain of Custody

To avoid further loss or tampering of evidence, I request that your office immediately:

Immediate Legal & Technical Demands (24-Hour Deadline)

To avoid further loss, tampering, or concealment of evidence, you must, within 24 hours of receipt of this demand:

1. **Confirm Receipt in Writing** — Provide written confirmation of receipt (email or fax only) - icreateupwardspirals@gmail.com AND torchoftruth@zohomail.com | Fax: 604.641.2805 (HIPAA Compliant)
2. **Identify Assigned Prosecutor/Investigator** — Provide the name, title, and direct email/fax of the prosecutor or investigator assigned to this matter - also assign a detective.
3. **Open Independent Investigative Path** — State which parallel investigative avenue your office will initiate to ensure an uncompromised inquiry (special prosecutor, unaffiliated U.S. Attorney, referral to DOJ OIG, etc.).
4. **Provide Secure Intake Mechanism** — Provide an auditable, secure evidence intake option (SFTP or secure upload portal, or instructions for encrypted transfer), or arrange for in-person transfer with documented chain of custody.
5. **Issue Preservation/Subpoena Actions** — Immediately issue preservation notices and, where appropriate, subpoenas to obtain carrier logs, email/server logs, vendor relay logs (Proofpoint, Zoho, etc.), and forensic images from third parties.
6. **Investigate Bone Cancer Entry** — Provide a written account identifying who entered “bone cancer” in my chart, the date/time of the entry, the clinical or testing basis for it, and all related reports, pathology, or imaging. If no legitimate basis exists, immediately correct the record and identify the responsible party.
7. **Investigate tumors that are new that formed between 2023 and present day, and why all follow-up, further investigation, second opinions and overreads along with referrals have all been denied - new spinal tumor at T7/T8 in 2023 and at L2 in 2024....prior MRIs (multiple) - did not show tumors over many years...that is to say...*Investigate the appearance of new spinal tumors at T7/T8 (2023) and L2 (2024), including why all follow-up scans, second opinions, and over-reads have been denied despite multiple prior MRIs showing no such tumors.***

Failure and/or refusal to pursue an independent, uncompromised investigative path given the documented interference will be treated as further evidence of obstruction and will be included in my referrals to federal oversight and congressional oversight bodies, along with the Supreme Court Of The United States (SCOTUS).

This matter will be included in referrals to the Commonwealth's Attorney, the U.S. Attorney, DOJ OIG, and federal grand jury proceedings once able to proceed.

Dire and Deteriorating Medical / Health - Due To Denials Of Medically Necessary Care

My medical condition is dire and deteriorating due to repeated refusals of medically necessary care.

I have documented objective neurologic injury — including frontotemporal hypometabolism and measurable brain atrophy on NeuroQuant imaging dating to 2022 — yet my requests for explanation, follow-up, or an active treatment plan have been ignored.

Providers (including Dr. Jicha at UK) have repeatedly refused to answer basic questions, schedule medically appropriate appointments, or provide any plan of care; instead I was presented with an allegedly "behavioral contract" based on false and fraudulent clinical information.

This amounts to pathologizing medically-explained neurologic and systemic disease, denying appropriate medical evaluation and treatment, and substituting punitive administrative actions for evidence-based medical care.

These denials and manipulations have immediate, life-threatening consequences for me and for my child, and they must be investigated as medical neglect, medical malpractice, and ongoing falsification, minimization, mischaracterization, intimidation, and retaliation - manipulation of medical records, and egregious and severe discrimination and retaliation under color of law.

The glaring elephant in the room - the question that begs an answer - is what is UK hiding? Why are they so secretive? Why violate multiple laws to deny me and my child from receiving any single record??!! What is being hidden? A secret plot to cause death? - This is not a joke - this is not rhetorical - this is a true question... If they are not hiding anything - why are they refusing release of records?

No response is not an option . . .

I remind you: silence or delay will itself constitute further evidence of obstruction, concealment, and discrimination under color of law.

My life matters. My child's life matters. You now have clear notice, clear evidence, and a 24-hour deadline.

I further remind you of these cases, though there are only two listed here - there are many which have set relevant legal precedents:

See *U.S. Airways, Inc. v. Barnett*, 535 U.S. 391 (2002) (reasonable accommodation required unless undue hardship is shown).

Further failure and/or refusal to act constitutes additionally, violations under 18 U.S.C. §§ 241–242 (rights violations), 1341–1343 (mail/wire fraud), and 1519

(destruction/concealment of evidence).

All Prior Records Incorporated by Reference

This demand incorporates by reference all of my prior motions, complaints, sworn affidavits, emails, letters, exhibits, communications, filings, and notices transmitted to local, state, and federal authorities. All such records are part of the evidentiary record and remain preserved. They are hereby made part of this demand in full, without the need to reattach each item individually. Any attempt to disregard or compartmentalize these records will itself constitute evidence of concealment and obstruction.

Respectfully,

/s/ John R. Fouts

John R. Fouts, MBA
Son of a Vietnam-War-Era Veteran
Founder, Upward Spirals Association (508(c)(1)(A) Faith-Based Organization – Protected under RFRA)
Federal SSA SSDI Recipient – Protected under ADA, VAWA, Section 504, 1915(c)
Mainstream Voucher Holder – HUD/IHCDA/CASI Program

Email: icreateupwardspirals@gmail.com
Alternate: torchoftruth@zohomail.com
Phone (Text Only – ADA Accommodation): 502.956.0052
Fax (HIPAA Compliant): 604.641.2805
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Sincerely,

/s/ John R. Fouts

John R. Fouts, MBA
Son of a Vietnam-War-Era Veteran
Founder, *Upward Spirals Association* (508(c)(1)(A) Spiritual Faith-Based Organization – Protected under RFRA)
Federal SSA SSDI Recipient – Protected under ADA, VAWA, Section 504, and 1915(c)
Mainstream Voucher Holder – HUD/IHCDA/CASI Program

Email: **icreateupwardspirals@gmail.com**
Alternate: **torchoftruth@zohomail.com**
Phone (Text Only – ADA Accommodation): **502.956.0052**
Voice calls & voicemails will be ignored
Fax (HIPAA Compliant): **604.641.2805**

Evidence archive (prior to block on saving):
https://archive.org/details/@jfouts1979

Gmail **Unusual Usage - Account Temporarily Locked Down**

To keep our systems healthy, Google has temporarily disabled your account. This primarily occurs when we detect unusually high levels of activity on your account. In most cases, it should take one hour to regain access. In rare cases, it can take up to 24 hours for access to be reinstated.

We're sorry for the inconvenience.

Here are some reasons why this could have happened:

1. Receiving, deleting, or downloading large amounts of mail via POP or IMAP in a short period of time.
2. Sending a large number of messages to many people.
3. Being logged into or synchronizing Gmail on many computers, clients, or mobile devices.
4. Browser-related issues. If you find your browser continually reloading while attempting to access your Inbox, it's probably a browser issue, and it may be necessary to clear your browser's cache and cookies.
5. Providing access to file-sharing, file-storage software, email analytics services, browser extensions, or third party software that automatically logs in to your Gmail account.

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Unusual Usage - Account Temporarily Locked Down

To keep our systems healthy, Google has temporarily disabled your account. This primarily occurs when we detect unusually high levels of activity on your account. In most cases, it should take one hour to regain access. In rare cases, it can take up to 24 hours for access to be reinstated.

We're sorry for the inconvenience.

Here are some reasons why this could have happened:

1. Receiving, deleting, or downloading large amounts of mail via POP or IMAP in a short period of time.
2. Sending a large number of messages to many people.
3. Being logged into or synchronizing Gmail on many computers, clients, or mobile devices.
4. Browser-related issues. If you find your browser continually reloading while attempting to access your Inbox, it's probably a browser issue, and it may be necessary to clear your browser's cache and cookies.
5. Providing access to file-sharing, file-storage software, email analytics services, browser extensions, or third party software that automatically logs in to your Gmail account.

For more help troubleshooting this issue, click here. For Google Workspace users, please contact your administrator if you have any further issues.

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